

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈਸਿ) ਪੰਜਾਬ ਕੰਪਲੈਕਸ  
 ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ, ਫੇਜ਼-8, ਐਸ.ਏ.ਐਸ. ਨਗਰ  
 (ਸਪੋਰਟਸ ਸਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈਸਿ/ਐਸਿ)  
 ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ।

ਈ ਫਾਈਲ ਨੰ: 299683  
 ਮਿਤੀ 21-07-2022

ਵਿਸਾ: ਸਪੋਰਟਸ ਅਥਾਰਟੀ ਆਫ ਇੰਡੀਆ (SAI) ਵੱਲੋਂ ਸ਼ੁਰੂ ਕੀਤੇ ਫਾਊਂਡੇਸ਼ਨ ਲੈਵਲ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਰੀਰਿਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਦੀ ਟ੍ਰੇਨਿੰਗ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸੇ ਦੇ ਸਬੰਧ ਵਿੱਚ SAI ਵੱਲੋਂ ਫਾਊਂਡੇਸ਼ਨ ਲੈਵਲ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਰੀਰਿਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਬਾਰੇ ਲਿਖਿਆ ਹੈ। ਇਸ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਪੋਰਟਸ ਸਾਇੰਸ ਦੇ ਵੱਖ-2 ਪਹਿਲੂਆਂ ਨੂੰ ਸਾਮਲ ਕਰਕੇ ਭਾਗੀਦਾਰਾਂ ਦੀ ਹੋਰ ਪ੍ਰੋਫੈਸ਼ਨਲ ਡਿਵੈਲਪਮੈਂਟ ਕੀਤੀ ਜਾਣੀ ਹੈ। SAI ਵੱਲੋਂ ਇਸ ਪਹਿਲ ਨੂੰ ਜਾਰੀ ਰੱਖਣ ਲਈ ਸਰੀਰਿਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਨੂੰ ਇਸ ਪ੍ਰੋਗਰਾਮ ਨੂੰ ਜੁਆਇਨ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਹਿੱਤ ਲਿਖਿਆ ਹੈ (ਸਹਿ ਪੱਤਰ ਨੱਥੀ)। ਇਸ ਸਬੰਧੀ 8ਵੇਂ ਬੈਚ ਦੀ ਆਨ ਲਾਈਨ ਟ੍ਰੇਨਿੰਗ ਮਿਤੀ 25-07-2022 ਤੋਂ 30-08-2022 ਤੱਕ ਕਰਵਾਈ ਜਾਣੀ ਹੈ ਜਿਸਦਾ ਲਿੰਕ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:

<https://schoolfitness.kheloindia.gov.in/googleform.aspx>

ਆਪ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਫਿੱਟਨੈਸ ਅਤੇ ਪ੍ਰੋਫੈਸ਼ਨਲ ਡਿਵੈਲਪਮੈਂਟ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਲਈ ਆਪ ਦੇ ਜਿਲ੍ਹੇ ਅਧੀਨ ਆਉਂਦੇ ਸਰੀਰਿਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਨੂੰ ਇਸ ਪ੍ਰੋਗਰਾਮ/ਟ੍ਰੇਨਿੰਗ ਨੂੰ ਉਕਤ ਲਿੰਕ ਰਾਹੀਂ ਆਨ ਲਾਈਨ ਜੁਆਇਨ ਕਰਨ ਦੀ ਹਦਾਇਤ ਕੀਤੀ ਜਾਵੇ।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ)

ਦਫਤਰ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ. ਸਿ) ਸਾਖਾ  
 ਮੰਤਰੀ ਡੀ. ਐਸ. ਸਪੋਰਟਸ 2022-194634 ਮਿਤੀ 22.07.2022  
 ਉਪਰੋਕਤ ਮੰਤਰੀ ਦੇ ਉਤਰਾ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ ਨੂੰ ਤੇ  
 ਕੇ ਸਿੱਖਿਆ ਬੋਰਡ ਤੋਂ ਸਿ. ਸਿ. ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਨੂੰ ਉਕਤ ਟ੍ਰੇਨਿੰਗ  
 ਵਿੱਚ ਜੁਆਇਨ ਕਰਨ ਦੀ ਹਦਾਇਤ ਕੀਤੀ ਜਾਵੇ।  
 ਮੈਂਬ. ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਸਾਇੰਸ

**SPORTS AUTHORITY OF INDIA**  
LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION,  
THIRUVANATHPURAM

e-Khel Pathshala,  
Physical Education & Community Coaching Program  
"Foundation Level Course"  
(8<sup>th</sup> Batch)

Online Training program for PE and Community Coaches  
Proposed Schedule

Day	Date	Session-I Topic	Time	Session-II Topic	Time
<b>THEME 1 - PHYSICAL EDUCATION</b>					
<b>INAUGURATION</b>					
Day 1	25-07-2022	Roles and Responsibilities of a PE Teacher	11.00AM-12:30PM	Concepts of Fitness, Health, Physical Education, Sports, Lifestyle	03.00PM-4:30PM
Day 2	26-07-2022	Concept of Fit India School	11.00AM-12:30PM	Integration of fitness into current activities in schools	03.00PM-4:30PM
Day 3	27-07-2022	Age-appropriate activities for foundation years till class 12	11.00AM-12:30PM	Planning and executing a play session	03.00PM-4:30PM
Day 4	28-07-2022	Progressive Curriculum - Structure for N-12 Class Nursery to Class 2, Class 3-5	11.00AM-12:30PM	Progressive Curriculum - Structure for Class 6-8	03.00PM-4:30PM
Day 5	01-08-2022	Progressive Curriculum - Structure for Class 9-12	11.00AM-12:30PM	Nutrition and balance diet in sports	03.00PM-4:30PM
Day 6	02-08-2022	Sports and Events	11.00AM-12:30PM	Role of yoga in sports performance	03.00PM-4:30PM
<b>THEME 2: COMMUNITY COACHING</b>					
Day 7	03-08-2022	Introduction to Community Coaching, Roles and Responsibilities of a Coach.	11.00AM-12:30PM	Preparing to Coach	03.00PM-4:30PM
Day 8	04-08-2022	Working with Others	11.00AM-12:30PM	Effective Communication	03.00PM-4:30PM
Day 9	05-08-2022	Coach in Action	11.00AM-12:30PM	Community Officiating General Principles	03.00PM-4:30PM
Day 10	08-08-2022	Competition Routine	11.00AM-12:30PM	Injury Prevention and First Aid	03.00PM-4:30PM

Day 11	10-08-2022	Safe Environment to protect and safeguard children	11.00AM-12:30PM	Ensuring Continuity	03.00PM-4:30PM
Day 12	12.08.2022	Ethics and Decision Making	11.00AM-12:30PM	Creativity in PE and Sports	03.00PM-4:30PM
Day 13	16.08.2022	Talent identification in sports	11.00AM-12:30PM	Fitness protocols for teachers and parents	03.00PM-4:30PM
<b>THEME 3: SPORTS SCIENCE</b>					
Day 14	17.08.2022	Basic application of Exercise physiology in sports	11.00AM-12:30PM	Physiological factor determining component of Physical fitness	03.00PM-4:30PM
Day 15	22.08.2022	Introduction to Sports Biomechanics	11.00AM-12:30PM	Basic terminology In Sports Biomechanics	03.00PM-4:30PM
Day 16	23.08.2022	Strength and Conditioning *Various stages of Long-term athletic development*	11.00AM-12:30PM	Introduction to Exercise Biochemistry	03.00PM-4:30PM
Day 17	24.08.2022	Sports Anthropometry *Kinanthropometry in Sports*	11.00AM-12:30PM	Sports Medicine *Prevention of Injury & primary care*	03.00PM-4:30PM
Day 18	25.08.2022	Physiotherapy *Role of Physiotherapist in Sports*	11.00AM-12:30PM	Nutrition *Reading Nutrition Labels*	03.00PM-4:30PM
Day 19	26.08.2022	Sports Psychology *Attention and Concentration in Sports*	11.00AM-12:30PM	An Introduction to Anti-doping	03.00PM-4:30PM
<b>THEME 4: KHELO INDIA FITNESS ASSESSMENT</b>					
Day 20	30.08.2022	Khelo India Fitness Application	11.00AM-12:30PM	Hands-on learning of Assessor App and Web Portal for Schools	03.00PM-4:30PM
		Khelo India Battery of Tests			
<b>CLOSING CEREMONY</b>					

\* The 3-week program shall be followed with an examination (60 minutes).

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Online Training program for PE and Community Coaches  
Proposed Schedule

Day	Date	Session-I Topic	Time	Session-II Topic	Time
<b>THEME 1 - PHYSICAL EDUCATION</b>					
<b>INAUGURATION</b>					
Day 1	15-07-2022	Roles and Responsibilities of a PE Teacher	11.00AM-12:30PM	Concepts of Fitness, Health, Physical Education, Sports, Lifestyle	03.00PM-4:30PM
Day 2	18-07-2022	Concept of Fit India School	11.00AM-12:30PM	Integration of fitness into current activities in schools	03.00PM-4:30PM
Day 3	19-07-2022	Age-appropriate activities for foundation years till class 12	11.00AM-12:30PM	Planning and executing a play session	03.00PM-4:30PM
Day 4	20-07-2022	Progressive Curriculum - Structure for N-12 Class Nursery to Class 2, Class 3-5	11.00AM-12:30PM	Progressive Curriculum - Structure for Class 6-8	03.00PM-4:30PM
Day 5	21-07-2022	Progressive Curriculum - Structure for Class 9-12	11.00AM-12:30PM	Nutrition and balance diet in sports	03.00PM-4:30PM
Day 6	22-07-2022	Sports and Events	11.00AM-12:30PM	Role of yoga in sports performance	03.00PM-4:30PM
<b>THEME 2: COMMUNITY COACHING</b>					
Day 7	25-07-2022	Introduction to Community Coaching, Roles and Responsibilities of a Coach.	11.00AM-12:30PM	Preparing to Coach	03.00PM-4:30PM
Day 8	26-07-2022	Working with Others	11.00AM-12:30PM	Effective Communication	03.00PM-4:30PM
Day 9	27-07-2022	Coach in Action	11.00AM-12:30PM	Community Officiating General Principles	03.00PM-4:30PM
Day 10	28-07-2022	Competition Routine	11.00AM-12:30PM	Injury Prevention and First Aid	03.00PM-4:30PM

Day 11	29-07-2022	Safe Environment to protect and safeguard children	11.00AM-12:30PM	Ensuring Continuity	03.00PM-4:30PM
Day 12	01.08.2022	Ethics and Decision Making	11.00AM-12:30PM	Creativity in PE and Sports	03.00PM-4:30PM
Day 13	02.08.2022	Talent identification in sports	11.00AM-12:30PM	Fitness protocols for teachers and parents	03.00PM-4:30PM
<b>THEME 3: SPORTS SCIENCE</b>					
Day 14	03.08.2022	Basic application of Exercise physiology in sports	11.00AM-12:30PM	Physiological factor determining component of Physical fitness	03.00PM-4:30PM
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Day 18	10.08.2022	Physiotherapy "Role of Physiotherapist in Sports"	11.00AM-12:30PM	Nutrition "Reading Nutrition Label"	03.00PM-4:30PM
Day 19	12.08.2022	Sports Psychology "Attention and Concentration in Sports"	11.00AM-12:30PM	An Introduction to Anti-doping	03.00PM-4:30PM
<b>THEME 4: KHELO INDIA FITNESS ASSESSMENT</b>					
Day 20	13.08.2022	KheLo India Fitness Application KheLo India Battery of Tests	11.00AM-12:30PM	Hands-on learning of Assessor App and Web Portal for Schools	03.00PM-4:30PM
<b>CLOSING CEREMONY</b>					

\* The 3-week program shall be followed with an examination (60 minutes).